

# Senior Citizens Exercise Program

## Registration Form 2007

### Session II

April 4,11,18,25  
May 2,9,16,23,30  
June 6,13,20,27

The Rumson Recreation Department will sponsor senior citizen exercise sessions throughout the year. Based on the success of the first session, which ran January, February and March, three other sessions will be offered throughout the year. Please complete the registration form and mail it to the Rumson Borough Hall, East River Road, Rumson, NJ 07760 Attn: John Hird - Parks and Recreation Department.

For additional information and questions call 732-530-6607 or email at [jhird@rumsonnj.gov](mailto:jhird@rumsonnj.gov)

Name\_\_\_\_\_

Address\_\_\_\_\_

\_\_\_\_\_

Telephone\_\_\_\_\_

Email\_\_\_\_\_

Cost \$30  
(Please make checks payable to Rumson Recreation)

Time: 10:30-11:30 AM  
(Wednesdays)

Location: Bingham Hall

*Sponsored by Rumson Recreation*